



EAT RIGHT

F O R L I F E

Become More Healthy...Exercise

Why should you exercise?

Exercise keeps you strong, active and healthy. It is fun and should be a part of your life. Exercise can lower your blood cholesterol number. Exercise also helps control high blood pressure, diabetes and your weight.

What activities are good for your heart?

Be active whenever you can:

- Take the stairs rather than the elevator.
- Park farther away and walk.
- Get up and move around if you work at a desk.
- Walk during lunch.
- Exercise — walk, run, play sports, dance.

Heart healthy exercises must:

- Make your heart beat faster and make you breathe faster.
- Be done for 30 to 60 minutes without stopping.
- Be done on most days of the week.

Walking is one of the best and easiest heart healthy exercises. Playing sports, dancing, running, bicycling, aerobics, and swimming are good, too.

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should
be a
part of
your life**

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